

Fall 2001 Recipes

Salads

Broccoli Endive Salad

Belgian endive is found with other lettuce and leafy greens in the produce section.

Serves 6

Provides 2 vegetable servings per person

- 1 1-pound package frozen broccoli spears (2 cups)
- 3/4 cup low-fat French or Italian salad dressing, divided
- 1 pound Belgian endive (6 cups)
- 2 red bell peppers, cut in strips or 2 cups tiny tomatoes (2 cups)
- 1 tablespoon pine nuts

1. Blanch broccoli by placing it into a pot of boiling water for 1 minute. Then pour into a colander and run under cold water to stop cooking. Drain thoroughly in the colander then toss with 1/4 cup of the salad dressing.

2. Cut the cone-shaped core out of the bottom of each endive. The leaves should separate. Toss gently with another 1/4 cup of the dressing.

3. To compose the salad on a platter or on individual plates, lay the endive leaves around the sides. Set the pepper strips on the leaves. Place the marinated broccoli in the middle, drizzle the remaining 1/4 cup dressing over all, and top with pine nuts.

Nutritional Analysis

Per Serving:

96 calories

3 g fat

28% calories from fat

0 g saturated fat

0% calories from saturated fat

17 g carbohydrates

272 mg sodium

5 g dietary fiber